

	<b>Situational Depression Adjustment Disorder With Depressed Mood or MINOR Depression</b> All Classes Updated 07/27/2022	
DISEASE/ CONDITION	EVALUATION DATA	DISPOSITION
<b>A.</b> Single episode Completely resolved  <b>CAUTION:</b>  Depression(s) requiring treatment <b>longer than 6 months</b>  <b>OR</b>  <b>NOT resolved within 6 months AFTER the resolution of the event/stressor</b>  ARE NOT adjustment disorders. While they may have a situational component, they are likely a Major Depressive Disorder (MDD) or other significant depressive diagnosis.	<p>The AME should gather information regarding the diagnosis, severity, treatment, symptoms, and address <b>ALL</b> of the questions on the <a href="#">Situational Depression Decision Tool for the AME</a>.</p> <p>If 5 or more years ago; treatment was not more than 6 months from the resolution of the stressor; there is no history of self-harm, psychiatric hospitalization, or persisting symptoms - the FAA will accept the AME history and notes in Block 60.</p> <p>If the single episode was LESS than 5 years ago, the <b>AME must review a current, detailed Clinical Progress Note and actual clinical record(s)</b> from the treating provider to verify the diagnosis.</p>	<div></div> <p>If <b>ALL</b> items on the Decision Tool have been marked “<b>YES</b>,” the AME may:</p> <p><b>ISSUE</b>  Summarize this history including dates of symptoms and resolution. Annotate Block 60 with “<b>discussed the history of Situational Depression, no positives to screening questions, and no concerns.</b>”</p> <p>If any “<b>NO</b>” answers, any AME concerns, or unable to verify history - go to <b>Row B</b></p>
<b>B. All others</b>  No specific triggering event/stressor  Treatment or symptoms lasted <b>longer than 6 months from resolution of the stressor</b>  Continuing/persistent symptoms 2 or more episodes in a lifetime <b>Any</b> additional psychiatric conditions, symptoms, or history (e.g. intensive psychiatric treatment, suicide attempt(s), significant legal events, violence).  Medication is currently used for this condition, even if “as needed” (prn).  <b>Any</b> treating provider concerns  <b>Any</b> AME concerns	<p>If currently taking an SSRI - see the <a href="#">SSRI protocol</a></p> <p>If no longer on medication, the individual should submit the following for FAA review:</p> <ol style="list-style-type: none"> <li>1. Current, detailed Clinical Progress Note (actual clinical record) from a <b>board certified psychiatrist</b>. It must include a summary of the history of the condition; current medications, dosage, and side effects (if any); clinical exam findings; results of any testing performed; diagnosis; assessment; plan (prognosis), and follow-up.</li> </ol> <p><b>Note:</b> A good template for the psychiatrist to follow is</p>	<div></div> <p><b>DEFER</b>  Submit the information to the FAA for a possible Special Issuance.</p> <p>Follow up Issuance will be per the pilots’ authorization letter.</p>

	<p><b>Page 3</b> of the <a href="#">FAA Specifications for Psychiatric Evaluation</a>. The AME should also discuss any history of the rule out criteria listed (even if not on an SSRI).</p> <p>2. The Clinical Progress Note must specifically include, if applicable,</p> <ul style="list-style-type: none"> <li>• Description of the triggering event/stressor;</li> <li>• How long after the triggering event/stressor the condition started;</li> <li>• Characterize/specify the nature of the impairment(s), such as clinical symptom burden, list all behavioral symptoms, and describe social or other area(s) of impairment;</li> <li>• Describe treatment (medication and/or psychotherapy) with start and end dates;</li> <li>• Date of full resolution of symptoms or condition;</li> <li>• Risk of recurrence; and</li> <li>• Copies of all treatment records such as emergency room, urgent care, hospital, and primary care physician or psychiatry notes describing event(s)/stressor(s), diagnosis, and treatment.</li> </ul>	
<p><b>Note:</b> If Major Depression, Major Depressive Disorder (MDD), recurrent depression, or depression requiring treatment - see that section in <a href="#">Psychiatric Conditions</a>.</p> <p>If any of the supporting documents contain a diagnosis <b>other than</b> Situational Depression, Adjustment Disorder With Depressed Mood, or Minor Depression - see the corresponding disposition table.</p>		

See the [Situational Depression Decision Tool for the AME](#).